

'Basic Oils for Flu' Essential Oils Kit

- **LeDeliverance** is considered to be anti-viral as well as anti-bacterial. Daily use of this oil can boost the immune system and keep it functioning at optimum levels. An inhaler with **LeDeliverance** should be used frequently throughout the day to "refresh" the body's defenses.
- **LeEndo Relief** helps the lymphatic system continue to drain and to keep toxins and dying bacteria from overwhelming tissues and cells. This oil is also very helpful during the recovery stages of serious illness because it is designed to strengthen and re-balance the endocrine system as a whole.
- **LeInside Out** would be a must if there is any intestinal discomfort or diarrhea.
- **LeMariah** is a wonderful support for the entire respiratory system. It promotes the rebuilding of the lungs while helping to eliminate the virus and bacteria from the respiratory system.
- **LeRevitalize** is good for improving energy levels during the illness and for helping the body re-gain strength and remove residual bacteria and toxins.

Le Deliverance

Strengthens the immune system; eliminates bacteria, etc. Use for respiratory illnesses, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, infections, athlete's feet, toenail fungus, slivers. Always have this one on hand.

Ingredients: Clove, Eucalyptus, Cinnamon, Lemon, Rosemary, Thyme, Oregano

Affinity for: Immune system, lymphatic system, skin.

Aromatic Considerations: Diffuse periodically for ½ hour at a time to eliminate air-borne critters.

Application: Soak the family toothbrushes; add to dish water if anyone in the family is ill; apply **LeDeliverance** alternately with **LeLife Force** - one on the K27's and the other on the Thymus in the evening, then in the opposite positions first thing in the morning. This is very effective against nasty viral stuff.

Resonance: Physical, Emotional, Spiritual.

Endo Relief

Endocrine balance and support; improving vitality; eliminate exhaustion, improve metabolism; stimulate natural weight loss; hot flashes and hormone balance; bladder infections; Candida; regulation of Thyroid; lymph congestion; provide support to Pineal and Pituitary, Parathyroid, thymus and adrenal glands

Ingredients: chamomile roman, geranium, cypress, sage, nutmeg, spearmint, myrtle, petitgrain, dill

Affinity for: Endocrine system, lymph system.

Application: Should be applied to the lymph glands of the neck and even armpit when a cold, etc. is coming on.

Resonance: Emotional and Spiritual

Le Inside Out

Improving the function of the digestive system; upset stomach, belching, bloating, stomach cramps, heartburn; morning sickness (place a drop or two behind the ears); Parasites in animals and people (apply to the feet and massage across abdomen for this).

Ingredients: fennel, juniper, lemongrass, lemon, peppermint, thyme, patchouli

Affinity for: Digestive system.

Application: Apply 1 drop behind each ear for morning sickness Apply topically over the stomach or as a compress over the abdomen; see general notes above.

Resonance: Physical and Emotional.

Cautions: This blend contains a small amount of fennel - though great for morning sickness, should be used sparingly and with caution.

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LeMariah

This blend was specifically designed for use against the new flu strains, such as the Bird Flu that are giving people a scare today. It seems to be the nature of these new strains to attack different people differently; one person may sustain more damage to the circulatory system while another person may be hit hardest in the lung and respiratory areas. The strengths of this blend lie in the areas of anti-viral/anti-bacterial properties and in clearing and supporting the lungs. **LeMariah** should be used in conjunction with **LeRevitalize** for endocrine support and to increase energy levels & stamina and with **LeVitality** to strengthen the heart and improve circulation overall.

Ingredients: helichrysum, thyme, spikenard, spearmint, wintergreen

Affinity for: respiratory system

Aromatic Considerations: diffuse near the patient to aid in clearing the lungs

Application: apply, diluted, to the chest and back at frequent intervals

Resonance: mid-range, physical

LeRevitalize

Powerfully stimulating; increases mental alertness; alleviates mental fatigue: Aids in cleansing the liver and improving overall vitality; useful for overcoming addictions; anger management.

Ingredients: geranium, fennel, helichrysum, rosemary, bergamot, blue tansy, Roman chamomile, lemon

Affinity for: Digestive system; Brain function; Emotional stability.

Aromatic Considerations: Diffuse for short periods of time only.

Application: Dilute when applying to the body; appropriate areas of the feet - especially over Liver area; over entire body when diluted well.

Resonance: Physical